

- 003 Speaking begins.
- 005 Introduction of Emily Helms, born in Mendocino County. She had lived in Eureka for 62 years.
- 008 She was born in Redwood (Mendocino County) in 1875.
- 014 She came to Humboldt County at age eight.
- 017 Her father worked as a shoemaker and in the woods at Freshwater.
- 022 Freshwater was previously known as Wrangletown.
- 030 Emily Helms married in Freshwater and bore two daughters, who resided in San Francisco.
- 034 Helms' daughter, Ruby Lee Welch, was in films for five years. Welch appeared along with Mary Pickford in "Changing Husbands".
- 046 Helms sang in Minstrel shows at Dunn's Hall in Freshwater. Jim Bashford was in charge of the shows, which also played at Bayside and Trinidad.
- 051 Description of Minstrel shows.
- 058 Mr. Helms operated a steam donkey in the woods.
- 060 Description of early logging using oxen.
- 063 Naming of early Freshwater residents.
- 078 Mrs. Helms' favorite songs.
- 095 A Christmas tree with lighted candles would be set up in the middle of Dunn's Hall, and Mrs. Helms and her twin sister sang by the tree.

123 End of Side 2